

Flouride -

Harmful or Helpful?

27 June 1985

Flouride? Is it safe? Is it worth the trouble? What is it for? Floride is an element, a specific size and shape atom. When taken into the human body it is built into tooth enamel. Because of its atomic structure it forms stronger chemical bonds in the enamel than would be formed without floride. These bonds make the enamel more resistant to bacterial decay--cavities.

Toothpaste commercials try to convince us their product will make us more attractive, sexier, and more successful. I wouldn't believe that but you should believe it when they claim to reduce cavities. It has been proven over and over again to be very effective in preventing decay (even if it doesn't get you a date!) It works best if it is taken into the body while tooth enamel is being formed inside the gums so it is built right in. However, it still helps prevent cavities used as a rinse or treatment. Best of all floride is cheap when bought by itself.

I hear a lot of reasons not to give floride ranging from "it causes brittle bones" to "its a communist plot". I've never been able to find any information about floride causing brittle bones. Neither can I figure out what harm the communists could be trying to do with floride unless they are trying to put our dentists out of business! If a child eats an entire bottle they will get an upset stomach with vomiting and diarrhea. If too much is given over a period of time or if floride is given off and on the teeth may be permanently mottled or discolored. (Skipping a day now and then is not a problem).

Many people are uneasy about giving their children something "artificial" like floride. Floride's effectiveness was discovered when someone was trying to figure out why the kids in one town had lots of cavities and the kids in a nearby town had very few. The first town used drinking water from a reservoir. The second town got its water from artesian wells which contained very high levels of natural floride. Since I was one of the kids in the second town (and had my first cavity at age 22 years), I think of floride as a natural thing.

Since some parts of the country just aren't lucky enough to have floride in the water it seems reasonable to find another way to give it to our kids. The floride we give kids is a molecule of sodium and floride just as it is found in nature. If you remember chemistry you will know that a molecule is a molecule regardless of where it is created or processed. The atomic structure of NaFl (sodium floride) is the same whether it comes from the wells of my home town or the pharmacy.

Because the natural floride content of water varies from place to place, the amount of floride supplement your child needs may change if you move. Ask your doctor or dentist for the correct dose if your water supply changes.

Dr. Ferguson is a Heber City pediatrician who specializes in the care of children from birth to 18 years. If you have a question you would like Dr. Ferguson to answer in this column write to Mountainland Medical Clinic, 30 So. 500 E., Heber City, Utah 84032.

move the dark trips, then cut it into chunks and pack it rather loosely in pint jars to within a half inch of the top, adding a teaspoon of salt and two tablespoons of vinegar to each. (The vinegar dissolves the bones.) After sealing the jars tightly, process them in the pressure canner for 70 to 75 minutes.

Bernard and Clara

How wonderful to learn how to use the lowly carp. Now we who like to fish will be happy instead of disgusted when we catch them. CAUTION, though: To can fish or any meat whatsoever, you MUST use a pressure canner--not hot water bath, and follow the directions precisely.

Dear Vi: The less expensive brands of dishwashing detergent

per bottle. Either way, the vinegar will make your detergent go much farther.

Ardith Cunningham,
Rexburg, Idaho

Dear Readers: Have you ever used table knives as weights to hold a pattern in place on the fabric? My sister-in-law, LuJean Steadman, has come up with a much better idea. She makes weights in a variety of useful sizes by sandwiching iron washers [you can buy them by the pound] between layers of felt, held together by decorative stitches all the way around. Because the washers are heavy and the felt is rough, these weights stay just where you want them. Moreover, their convenient size makes them useful for even the smallest pattern pieces, thus eliminating the need

AVON THEATRE — 654-1181

HEBER CITY, UTAH

It's an adventure the whole Heber family can enjoy. I guarantee it.

Steve Zimmerman

STEVEN SPIELBERG Presents
THE GOONIES

PG PARENTAL GUIDANCE SUGGESTED
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN

WARNER BROS.

WARNER BROS.

WARNER BROS.

DAILY AT 6:00 & 8:00

STARTS FRIDAY

FRIDAY THE 13TH PART V

IF JASON STILL HAUNTS

new

YOU...YOU'RE NOT ALONE

STARTS FRIDAY

AT 10 P.M.

beginning

R

WARNER BROS.

IDEAL THEATRE — 654-1181

HEBER CITY, UTAH

GOTCHA!

ANTHONY EDWARDS
LINDA FIORENTINO

Jonathan started out trying to score. And ended up being the target.

AT 6 & 8 P.M.

PG 13

STALLONE

is back as...

RAMBO

FIRST BLOOD PART II

R

HELD OVER

AT 10 P.M.

P.T.A. MATINEE
MON-TUES 11 A.M.
AT THE AVON

ALICE in **WONDERLAND**

LIVE ACTION!